



Concorde One Hour Race 2pm Sunday 4th June



A race to see how far you can run in one hour. Mo Farah holds the world record with 21.33km and Sifan Hassan holds the ladies record at 18.93km. We expect participants to cover between 8km and 15km.

The Hillingdon Cycle Circuit in Springfield Road, Hayes (UB4 0LP) is a closed road circuit of length one mile. It has been reserved exclusively for runners and walkers for the afternoon of Sunday 4th June.

- A traffic-free closed road circuit,
- Km markers up to 10k,
- Changing rooms and toilets,
- First aid cover,
- Water and finish refreshments,
- Distinctive & sustainable UK medal,
- Charity donation (min £1 per runner),
- Individual prizes ,
- Open to all those aged 16 and over,
- Entry £15 +booking fee.

Enter via Eventrac or for more details and FAQ see:
www.barunner.org.uk/Event_Concorde



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Speedbird Ladies 5k 7pm Wed. 21st June, Harmondsworth Moor

- Traffic free scenic undulating trails
- First aid cover
- Water
- Charity donation (min £1 per runner)
- Individual and team prizes
- Biodegradable gift for each runner!
- Entry fee £7 +booking fee

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